

# Heart Health

Visit the Pleasant Street Center on Tuesday, **February 9<sup>th</sup>** from **9-1** for **Heart Health** information, recipes and Blood Pressure checks.

Wear **RED** and be entered to win a PSC sweatshirt.

Take our Heart Healthy Quiz and be entered to win a gift certificate

Cookies and Punch will be served throughout the day



Town of Reading  
Elder/Human Services  
49 Pleasant Street  
Reading, MA 01867  
Questions? Call (781) 942-6794